

# 2008 - 2009 Physical Education Program:

My philosophy of physical education involves the teaching of cooperation, teamwork, and positive interaction through joy in controlled movement. A well-structured and organized environment is paramount to the success of any physical education program and its subjects. Children feel more secure and safe in this type of environment. Rules, guidelines, and expectations are understood by everyone in order for your child's physical education experience to be safe, successful, and rewarding. Activities are introduced and provided in a non-threatening, positive, and encouraging manner. Students are never instilled with the belief that winning is the most important outcome for their efforts, but rather are motivated in demonstrating their best efforts through one-on-one instruction, continuous encouragement, positive reinforcement, and team-building concepts. These same cooperative activities and expectations lead to the enhancement of their academic endeavors by providing cognitive as well as physical challenges and rewards to their life. Positive physical, emotional, social, psychological, and academic skills are amplified in this type of learning environment. We adhere to the "golden rule" in promoting mutual respect and civility. Stressing safety provides students with the opportunity to perform without fear or ridicule. Operating this safe and secure learning environment enables students to be excited and motivated about physical education. In creating this type of program, eagerness, enthusiasm, and release of stress is transcended back into the classroom and home as well. Physical education should be a fun, exciting, and rewarding experience for everyone involved. This enthusiasm and eagerness keeps me just as excited and motivated as the students! By offering a quality physical education program, the ultimate goal is for the students to practice a healthy, positive, and beneficial lifestyle long after leaving my program.

All K-8 students will be introduced to and develop various physical skills associated with team and individual sports or activities. Skill acquisition will be incorporated into lead-up activities or games emphasizing and enhancing those particular and fundamental skills. The activities focus on inclusion, strategy, fitness, teamwork, and sportsmanship ultimately leading to group as well as individual success.

## **Physical Education Class Expectations and Responsibilities :**

The guidelines and expectations of the p.e. program at Bill Roberts adhere to my philosophy. I appreciate your cooperation and partnership as a necessary and inspirational component in your child's overall educational experience.

- **Safety** (always operates in a safe non-threatening manner)
- **Respect for Others** (cares for and helps classmates as well as teacher)
- **Teamwork and Cooperation** (works together to achieve a common goal; unselfish)
- **Responsible** (follows class expectations and instructions...makes good decisions for themselves and others)
- **Participation** (performs the activity to the best of their ability)
- **Self-Control** (under control...physically, emotionally, socially)
- **Effort** (always tries their best at all times)
- **Attitude** (positive...no matter what the outcome)
- **Leadership** (concerned and always helping others...setting a positive example)

I always strive to continually give positive feedback and positive reinforcement to our students. As a result of this, our students react in a positive and optimistic way. Unfortunately, sometimes negative actions occur and when they arise the following plan takes affect.

### **Consequences for Negative Behavior:**

1. A verbal reminder from the teacher, student is aware of their actions and asked to rectify it.
2. Student is asked to sit in a safe area, after a few minutes, the teacher talks to the student identifying their behavior and how they will correct the problem.
3. Student loses their recess privilege... teacher talks to the student on how the student will make better choices.
4. Parents will be contacted regarding their child's inappropriate behavior and conference to solve the issue.

*\* Refocus sheets will be utilized for middle school students when negative or inappropriate behavior is demonstrated (the student will answer questions on the sheet as to why they are refocusing, and what they can do to rectify the problem in order to rejoin the class).*

### **Positive Actions and Behavior:**

I am always giving positive reinforcement and feedback to those students demonstrating positive actions and behavior. Everyone likes to be complimented on their actions. This is rewarding not only for the students, but for myself as well. The P.E. Point Chart is also utilized to reward and encourage students in making good choices and develop positive behaviors as well.

### **Progress Reports:**

The DPS universal specials report will again be utilized. Your child's progress report will be included in the classroom report card. A designated p.e.box will be located on the report. This format enables the district to maintain a uniform assessment system for all the schools.

### **Clothing:**

**Sneakers or soft-soled shoes covering the toes and securing the heel** (no sandals, high heels, boots, crocs, etc.) are a necessity in p.e... The students may wear any type of footwear when not in p.e. But if they do, please make sure they bring their tennis shoes to change into before p.e. class. The reason I prefer students wearing sneakers or appropriate soft-soled shoes (covering the toes and securing the heel) is because of safety. Children perform better and are less likely to get injured or injure others when appropriate footwear is worn. Students are also required to always wear their shoes in p.e. and not participate in their socks or bare feet. Again this is attributed to safety and also hygiene.

*“footnote”; Crocs have become a very popular shoe for children as well as adults, unfortunately, the loose fit does not offer optimum support and stability when moving. Tennis shoes (sneakers) offer the best support for optimum performance and safety during p.e.*

- ❖ **Non-restrictive clothing.** When the students are scheduled for p.e., please ensure that students wear clothing enabling them to move without restrictions or confinement. The school dress code is also in effect.
- ❖ **Please keep purses, wallets, etc.** in the classroom. Students are responsible for any items left in the gym. Please remind your children about their responsibility for personal belongings.
- ❖ **Outdoor activities for p.e.** sometimes occur. Please make sure your child is adequately dressed for any type of condition...hot or cold. Bring tennis shoes when snow boots are worn during the winter months and sandals during those warmer days.
- ❖ **Recess** takes place on a daily basis (unless eliminated due to moisture or extreme cold). Please remember proper clothing and footwear is important in regards to their safety during this time as well.

### **Illness:**

Because is an activity class, it is important and necessary for students not to sit out of class. However, if a student is injured or ill and is prevented from participating, a note from a parent (one day excuse) or doctor (more than one day) explaining the nature of the injury or illness and duration of non-participation is required. If the student is too ill or injured to not participate in p.e., they will also be required to sit out during their recess time as well. It is extremely rare when a student chooses to sit out of p.e. class. Most of the time the reason is illness or injury, at which point they are sent to the nurse's office. I am very proud of the participation and enthusiasm demonstrated each year by our students.

### **After School Program:**

Unfortunately, Roberts was not awarded the LOAS grant for this school year. As a result, I will not be offering an after school program this year. The LOAS grant had funded my after school program (stipend and equipment) the past four years at Westerly Creek and Roberts. This only pertains to **my** after school program and is not associated with any of the other offerings at Roberts this school year. The after school program had been an extension of the p.e. program so many of the past after school activities will be introduced during p.e. class.

*Please check out the great p.e. website by going to the Roberts page then click on Ms Salter and it will lead you to other helpful p.e. links as well as what is happening in p.e. at Roberts.*

**Footnote:** *Over the past few years, I have noticed our society becoming more isolated from each other. People depend more on machines to do their communicating rather than actual physical interaction. Becoming a technological society has numerous positive and convenient advantages, but along the way, people have forgotten how to interact with one another in building positive rewarding relationships. I want our children to work together in creating not only positive relationships and friendships but also embrace and establish those positive social skills and common courtesies through out their lives. By reinforcing these necessary life skills, children become more caring, compassionate, confident, productive, and successful citizens. My program places more emphasis on these skills rather than individual physical achievements or competition.*

Thanks again for everything you do!  
Ms Salter  
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